

## To Find Out More About Suicide .....



www.sdchip.org

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The websites listed below offer assistance in finding out more about suicide. However, they should not be used as a substitute for medical advice, counseling or other health-related services.

- **American Association of Suicidology** at <http://www.suicidology.org>

Under "About Suicide," you can find concrete advice on what to do if someone you care about is suicidal or if you are feeling suicidal. Presents common warning signs to look for in the suicidal person as well as what to do to be helpful to someone who is threatening suicide. Also provides resources for survivors of suicide and other helpful information.

- **American Foundation for Suicide Prevention** at <http://www.afsp.org>

Under "About Suicide," you can find sections on specific issues including one on youth that deals extensively with suicide in children and adolescents. Also provides "Reporting on Suicide: Recommendations for the Media," information on suicide-related research, resources for survivors and other links.

- **National Alliance for the Mentally Ill (NAMI)** at <http://www.nami.org>

Under "Support," select "NAMI Helpline," where you will find "Brochures and Fact Sheets" on mental illness issues; many are available in English or Spanish. Here you may review both "General Information" items (such as Depression in Older Persons or Teen Suicide), "Treatment and Medications," and "Specific Illnesses," (such as Anxiety Disorders or Dual Diagnosis: Mental Illness and Substance Abuse).

- **National Mental Health Association** at <http://www.nmha.org>

Here you can find extensive information on mental illness. Under "Mental Health Information," a subsection labeled "Illness Fact Sheets" provides key information on many suicide-related subjects, including depression in later life, depression in women, and teen suicide.

- **National Strategy for Suicide Prevention** at <http://www.mentalhealth.org/suicideprevention>

Under "Featured Publications," you can find and read the Surgeon General's National Strategy for Suicide Prevention: Goals and Objectives for Action. You can also access "Suicide Facts," which presents a variety of suicide-related information under the following headings: General, Quick Statistics, Youth, Older Adults, Means, and Mental Illness and Suicide

- **SAVE - Suicide Awareness Voices of Education** at <http://www.save.org>

The home page has an easy-to-read menu from which you can access a variety of suicide-related topics, including: Questions On Suicide, Symptoms/Danger Signs, High Risk Children/Adolescents, Misconceptions About Suicide, Suffering or Thoughts of Suicide, A Loved One is Suicidal, Friends and Depression, Elderly Depression, and other topics.